

Education & Certifications:

- * BS Computer Science/Math
- * AFAA Personal Fitness Trainer Certification
- * AFAA Group Exercise Certification
- * AFAA Kickboxing Certification
- * Body Pump Instructor Certification
- * Yoga Fit Certification
- * Peak Pilates Reformer Certification
- * Silver Sneakers Certifications
- * Arthritis Foundation Exercise Certification

Training Philosophy:

Fitness has always been an important part of my life and I have been teaching group exercise since 1989. I would love to help you get a good workout and feel good about yourself. I believe a workout should be safe, effective and fun--in that order. I would like to help you work hard enough that your workout is effective, but not so hard that you get hurt.

Training Specialties:

- * Pilates Reformer
- * Injury prevention
- * Core strengthening, especially with back injuries
- * Pilates/Pilates Reformer/Yoga
- * Body Toning/Sculpting
- * Active Older Adult Fitness

Interests & Hobbies:

I love exercising and helping others exercise. I enjoy seeing people feel better about after a successful exercise program. I love anything outside-- skiing, hiking and spending time with my family.



PERSONAL TRAINER



Wendy Hood

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your fitness and wellness goals!

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